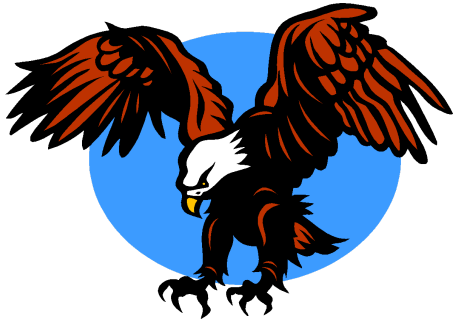
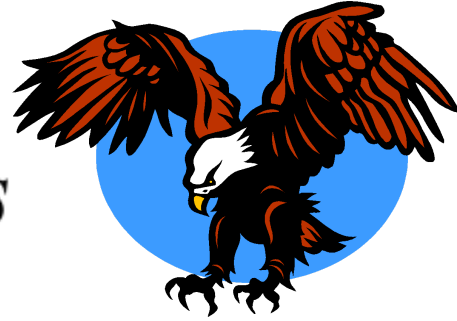


COSBY HIGH SCHOOL



Home of the Eagles Freshmen Packet



As a freshman in high school, you start assuming more of the responsibility for your own learning. It is the **PERSONAL CHOICES** you make that can either help **OR** hurt your school performance.

CHOOSE TO SUCCEED BY:

- Regularly attending school
- Developing good study habits
- Doing your homework
- Ask for/receive help when you don't understand
- Working hard to get good grades
- Becoming involved in activities

How you decide to perform in school plays an important role down the road regarding employment, military, and college and scholarship options. Your classes are meant to prepare you with the most important knowledge and skills to attain higher education or careers and compete in an increasingly competitive work environment. Think about your high school courses and your performance in those courses. When someone looks at your **TRANSCRIPT**, he/she sees a demonstration of what kind of goals you set for yourself. Colleges look at your **TRANSCRIPT** for admissions beginning with freshman-year grades. Remember, you will have more options if you start planning for your future now and do your best to earn good grades.

CHOOSE TO PASS CLASSES! IT LEADS TO GRADUATING!

If you need help, please see your counselor! We want you to succeed academically, socially, and emotionally!

GET TO KNOW YOUR COUNSELOR

At CHS, students are assigned to counselors based on the first letter of your last name. Even though CHS counselors work together as a team, you need to speak specifically to your assigned counselor about any questions regarding your academics or career plans. During emergency situations or other non-academic related issues, you may speak to any available counselor.

Student last name beginning:	Counselor's Name	Current Contact Information:	School Counseling Department Hours:
A-L	Ms. Amy Miller	(423) 487-5602 Extension 5357 Email address: Millera2@cocke.k12.tn.us	Department hours are 8:00 a.m. to 3:45 p.m., Monday through Friday.
M-Z	Mrs. Sherrie Weeks	(423) 487-5602 Extension 5356 Email address: weekss@cocke.k12.tn.us	

While in high school, be sure to keep your school counselor informed about how you are doing. In the counseling office, you may:

- ✓ Get general information about high school and help with schedule
- ✓ Get test information.
- ✓ Get college and career information.
- ✓ Get scholarship information.
- ✓ Discuss concerns over student achievement
- ✓ Gather information about community resources/help for various issues
- ✓ Receive individual counseling on a variety of personal issues or problems that may be affecting you
- ✓ Your counselor will help you continue to develop a 4-6 year Academic/Career Plan (ACP) of courses to take in high school and beyond in order to better prepare you

***HIGH SCHOOL GRADUATION REQUIREMENTS**

English (I, II, III, or IV)	4 Credits
Math (Algebra I, Geometry, Algebra II, and upper level math)	4 Credits
Science (Biology, Chemistry or Physics, 1 additional lab science)	3 Credits
World History/Geography	1 Credit
U.S. Government or (3credits of NJROTC may substitute)	1 Credit
U.S. History	1 Credit
Economics/Personal Finance	1 Credit
Computer Science Foundations	1 Credit
Foreign Language (must be same 2 units of language)	2 Credits
Fine Art (Band, Music, Chorus, Piano, Art, Theatre Arts)	1 Credit
Wellness (or 1 credit of NJROTC)	1 Credit
Physical Education (May be met by substituting for equivalent time of participation in approved extra-curricular, school organized activity; OR 2 credits of NJROTC)	1 Credit
**Program of Study (See Program of Study Sheet Attachment)	3 Credits
Electives	4 Credits
***Per Tennessee State Board of Education, students are required to take the ACT Test to receive a regular high school diploma. Students are also required to pass a Civics Test in order to meet graduation requirements.	Total Credits for Graduation: 28 Credits

**Program of Study (POS) – Each program of study consists of 3 specific courses

Graduation with Honors, State Honors, and State Distinction

1. Graduating with State Honors (*per state policy*)

Tennessee graduates who score at or above the readiness benchmarks on the ACT will graduate with TN State Honors. The ACT readiness benchmark scores are:

English = 18

Math = 22

Reading = 22

Science = 23

2. Graduating with TN State Distinction (*per state policy*)

Tennessee graduates who maintain a B average (minimum of a 3.0 cumulative GPA) and complete an additional approved credential will graduate with TN State Distinction. Approved credentials include:

- Nationally recognized industry certification
- TN Governor's School participation
- All State musical organization
- National Merit finalist or semi-finalist
- A composite score of 31 or higher on the ACT
- A score of 3 or higher on two AP exams
- 12 or more hours of transcribed post-secondary credit
- Other criteria may be deemed applicable by the local LEA ¹

3. Honors

Students will graduate with honors if they have met the graduation requirements and have attained an overall grade point average of at least a 3.0 or higher on a 4.0 scale.

¹

Be aware of how your grades affect your GPA

ALL of your semester grades impact your cumulative GPA (Grade Point Average); therefore, you want to do your best in each of your classes. To participate in Dual Enrollment (College Level Courses), Juniors & Seniors must have a minimum 3.0 unweighted GPA to participate. In addition, your GPA may make a difference in being awarded scholarships!

Cocke County uses a weighted scale for GPAs, (to compute class ranking). Each final grade is worth so many points, using the following scale. With the weighted scale, Honors courses will receive an additional ½ point and Advanced Placement or Dual Enrollment Courses will receive an extra 1 full point. Please note that the Hope/Lottery Scholarship requires an unweighted 3.0 GPA

<u>Final Grade</u>	*Unweighted GPA Calculation:
A = 4 Points B = 3 Points C = 2 Points D = 1 Point F = 0 Points	<i>To get your GPA, just add up all the points using each final grade and then divide the total by the number of grades you used</i> $\frac{\text{Total Points}}{\text{Total \# of Classes}} = \text{GPA}$

*To calculate a Weighted GPA, simply add in the extra weighted points to your total points to get a Weighted GPA

→ Thinking of being a STUDENT ATHLETE in COLLEGE?

Will you be eligible to play sports in college? You must meet the eligibility requirements designated by the NCAA or NAIA. Be sure that you work with your counselor or coaches to insure that you are taking the core classes that they require. NCAA does not accept credit recovery courses. NCAA does not accept SAILS math courses as part of the core math requirement. There are also minimum GPA requirements for each division. To find out more information about the requirements, checkout these websites:

- NCAA – www.eligibilitycenter.net
- NAIA – www.playnaia.org

Planning Ahead for College/Career Readiness

The Cocke County Board of Education is working to provide **EARLY POST-SECONDARY OPPORTUNITIES (EPSO's)** to our high school students so that they can potentially gain college/postsecondary hours/credits. These types of experiences provide a “jump start” for our students. Furthermore, by earning post-secondary credit, students have a greater likelihood of continuing on to a community college, university, or technical school. Speak to your high school counselor to learn more about EPSO opportunities.

Early Post-Secondary Opportunities recognized by TN and offered at CHS include:

Industry Certifications and Local Dual Credit. Students may be eligible for other EPSO opportunities, as they arise, including approved industry certifications. Students may also have an opportunity for local dual credit for Criminal Justice. Please talk to your high school counselor for more information.

Dual Enrollment. Students are considered “dually enrolled” when they are enrolled in both high school and a post-secondary school. Dual Enrollment (DE) opportunities are available through Walters State Community College (WSCC) and Tennessee College of Applied Technology (TCAT) here at our Cosby High School campus. Students may earn high school credit and post-secondary credit upon successfully completing the course.

Costs: DE tuition costs may be offset by applying for the DE Grant. See your counselor for DE Grant award information. Students are required to maintain a minimum 2.0 GPA or permanently lose the DE Grant. Please see below table for DE courses offered at Cosby High School. Please note these may change, pending availability and demand.

Current Dual Enrollment Course Offerings

<i>Walters State Community College</i>	<i>TCAT-Morristown</i>
Eligibility: 3.0 GPA or 21 ACT Must be a Junior or Senior Numerous Courses Available at CHS Campus, pending demand: <ul style="list-style-type: none"> ● DE College Experience ● DE Statistics ● DE Composition I and II ● DE American History I and II Other courses offered at the Newport WSCC Center, include: Psychology, Sociology, Speech/Fundamentals of Communication, Music Appreciation	Eligibility: No required GPA Programs/Courses Available at CHS: *Industrial Maintenance *In the Industrial Maintenance program, students will earn TCAT hours towards TCAT's Industrial Electricity Program.
Students interested in Dual Enrollment must talk to their school counselor for sign-up and registration information.	

Tests	High School Testing Information What You Need To Know About Them
<i>Semester Exams</i>	<p>Besides the usual tests given in your classes, upon completion of each semester you will be given a semester exam in each of your classes. These exams will make up a percentage of your semester grade. Passing the semester exam may make a difference on whether you pass the class and earn a credit. DO NOT MISS YOUR FINALS-Be there the last two days of each semester!!</p>
<i>End-Of-Course tests</i>	<p>Currently, End-of-Course exams (EOCs) are given at the completion of the following courses: English I, English II, Biology I, Algebra I, Geometry, Algebra II, and U.S. History. Your score on these tests count for a percentage of your final grade in these subjects.</p>
<i>ASVAB</i>	<p>The ASVAB is given in the Fall term of each year to any interested juniors and seniors. During the Spring term, all 10th graders have an opportunity to take the ASVAB. This test is a career exploration test designed to help students explore the world of work and gain confidence in making career decisions. In addition, this test is a qualifying entrance exam to the military. Your score results are used to evaluate your skills, estimate performance in academic and vocational endeavors, and identify potentially satisfying careers for you.</p>
<i>SAT</i>	<p>Students planning on attending out-of-state schools, military academies, or highly selective schools (i.e. Vanderbilt, Harvard, Yale, etc.) also should take the SAT. Generally, students may plan to test at the end of their 10th grade year and up. Test dates are on Saturdays and students must self-register to test at www.collegeboard.com. Additional info is available in the counseling office.</p>
<i>US Civics Exam</i>	<p>All students must pass the United States Civic Exam, in order to receive a high school diploma. Typically, students will take this test during their senior year, in their social studies course.</p>
<i>ACT</i> <u>Benchmarks:</u> English - 18 Math - 22 Reading - 22 Science – 23	<p>The ACT is a nationally standardized college entrance exam. ALL JUNIORS will take the ACT, which will be given in the Spring of the 11th grade year in school. Even though everyone will be taking the ACT once as a junior, we encourage you to self-register to take the ACT more than once to improve your scores. The higher the score, the better chance for higher college scholarships. You must meet ACT benchmarks to graduate with STATE HONORS. To learn more about the ACT or to register for a national test date (only on Saturdays), ask your counselor or log on to www.actstudent.org. All students are required to take the ACT or SAT to receive a regular high school diploma.</p>

Programs Of Study (POS) Available at CHS

As part of graduation requirements, ALL students must complete a Program of Study (POS) in order to graduate. Remember, a POS consists of completing THREE courses in high school that are in a related focus-area. The POS that you choose to complete may be the one which MOST matches with your interest in a future career/program OR it may be a POS that you think would be something fun or interesting to learn.

The following lists each of our available Programs of Study and the THREE courses that are needed to complete it for graduation. Those listed below showing #1, #2, and #3 courses MUST be completed in the order as shown. Keep in mind that if students FAIL one of the courses within their POS, they must RETAKE the course in order to move on to the next. Two groups of programs are noted—GENERAL ACADEMIC and CAREER/TECHNICAL EDUCATION (CTE).

<u>GENERAL ACADEMIC PROGRAMS OF STUDY-See below listings:</u>	
<i>Fine Arts</i>	Any 3 courses involving band, music, visual art, theater arts, etc. Course can be taken as 3 levels that advance in one area (i.e. Art 1, 2, 3, etc.) OR they could be a combination of varied types of fine arts. *Please note that band is taught at Cocke County High School. Students will be bussed to CCHS for band.
<i>Humanities</i>	Any 3 courses in the humanities field such as Mythology, Science Fiction, Annual Staff, Appalachian Studies, Contemporary Issues, Leadership, Media Communications
<i>Leadership in Government (ROTC)</i>	NJROTC I, II, and III (NJROTC classes are taught at Cocke County High School). Students will be bussed to CCHS for these courses.
<i>Athletic Program of Study</i>	Courses include any 3 of the following: Leadership, Media Communication, Health Science course, any DE course, PE II or Varsity Conditioning, Contemporary Issues
<u>CAREER TECHNICAL EDUCATION</u>	<i>The 3 courses needed for completion are shown and a program of study description is listed below</i>
<i>Horticulture Science</i> #1. Agriscience (or Agriscience Honors) #2. Principles of Plant Sci./Hydroculture #3. Greenhouse Management <u>CAREER TECHNICAL EDUCATION</u>	Career Cluster is AGRICULTURE, FOOD & NATURAL RESOURCES. People working in this program of study are knowledgeable about plants and their growth. This helps producers of food, feed, and fiber crops continue to feed a growing population while conserving natural resources and maintaining the environment. Individuals in this program of study also develop ways to improve the nutritional value of crops and the quality of seeds. They use genetic engineering to develop crops resistant to pests and drought.

<p><i>Industrial Maintenance Technology</i></p> <p>#1. Principles of Manufacturing</p> <p>#2. Intro to Industrial Maint/DE TCAT Tech I</p> <p>#3. Adv Industrial Maint/DE TCAT Tech II</p> <p>#4 DE Indust Maint./DE Tech III</p>	<p>Career Cluster is ADVANCED MANUFACTURING. The Industrial Maintenance Technology POS is designed to provide students with the knowledge and skills to effectively perform basic industrial maintenance procedures in an advanced manufacturing facility. It focuses on the electromechanical domains, including: fundamental safety practices in electromechanical technology, shielded metal arc welding (SMAW), basic metal inert gas (MIG) welding, electrical systems, AC and DC motors, calibrating instruments, drive systems, pipe fabrication, hydraulic systems, pumps, digital electronics, programmable logic controllers (PLC), and troubleshooting procedures.</p>
<p><i>Nursing Services</i></p> <p>#1. Health Science Education</p> <p>#2. CTE Anatomy & Physiology</p> <p>#3. Clinical – Medical Therapeutics</p> <p>#4. Clinical – Nursing Education</p>	<p>Career Cluster is HEALTH SCIENCE. The Nursing Services POS is designed to prepare students to pursue careers in the field of nursing. Upon completion of this program, a proficient student will be able to implement communication and interpersonal skills, maintain residents' rights and independence, provide care safely, prevent emergency situations, prevent infection through infection control, and perform the skills required of a nursing assistant. Students will log forty hours of site-based clinical work with at least 24 of those hours spent in a long-term care facility as part of the Level 4 course. Successful completion of the course and certification exam allows the student to seek immediate employment as a Certified Nursing Assistant or Patient Care Technician. *Please note that students will take course #3 & #4 at Coker County High School, during Senior year.</p>
<p><i>Criminal Justice & Correction Services</i></p> <p>#1. Criminal Justice I</p> <p>#2. SDC Criminal Justice II</p> <p>#3. Criminal Justice III</p>	<p>Career Cluster is LAW, PUBLIC SAFETY, CORRECTIONS, & SECURITY. serves as a comprehensive survey of how the law enforcement, legal, and correctional systems interact with each other in the United States. Upon completion of this course, proficient students will understand the context of local, state, and federal laws, have investigative skills pertaining to basic crime scenes and incident documentation, and understand the importance of communications and professionalism in law enforcement.</p>
<p><i>Therapeutic Services</i></p> <p>#1. Health Science Education</p> <p>#2. CTE Anatomy & Physiology</p> <p>#3. Medical Assisting</p>	<p>Career Cluster is HEALTH SCIENCE. Therapeutic Services is designed to prepare students to pursue careers in fields of dentistry, pharmacology, nutrition, or rehabilitation. Upon completion of this program, a proficient student will be able to identify careers in therapeutic clinical services; assess, monitor, evaluate, and report patient/client health status; and identify the purpose and components of treatments. Students have the opportunity to take part in a clinical internship at the end of this program of study along with optional testing for either the Certified Pharmacy Technician or Certified Clinical Medical Assistant industry certification.</p>
<p><i>Hospitality & Tourism</i></p> <p>#1. Hospitality & Tourism Mgmt I</p> <p>#2. Hospitality & Tourism Mgmt II</p> <p>#3. Hospitality & Tourism Mgmt III</p>	<p>Career Cluster is HOSPITALITY & TOURISM. The Hospitality and Tourism POS prepares students with the skills to pursue careers within the hospitality industry. Courses cover topics that range from discovering business concepts and operations, careers in the hospitality and tourism services, and customer relations, developing marketing plans and promotional concepts, and focusing on human relations and professional communications while refining leadership, teamwork, and management skills in a practicum setting. POS can lead to specialized industry certifications and work-based learning opportunities.</p>
<p style="text-align: center;"><i>Other Programs of Study</i></p> <p><i>Other programs of study are offered at Coker County High School, including Auto Maintenance, Auto Collision, Welding, and Vet Science. Students will be transported to Coker County High School for these courses. See your Counselor for more information.</i></p>	

Scholarship Information

Scholarships are an important aspect in preparation for post-secondary enrollment. We want to inform you early about the availability of any pertinent scholarships/and/or grants. Although you will complete a majority of your scholarship applications during your senior year, you should start looking at scholarship possibilities much earlier! Also, tell your parents to check with their employers. They may offer scholarships and/or matching funds.

Important Scholarship Tips:

- ★ Maintain a notebook or Google document to list any honors, leadership activities, community service hours, club participation, sports, and work experience. This will be helpful when completing scholarship or college applications.
- ★ Work on increasing your ACT test scores. Higher scores may increase scholarship opportunities.
- ★ Maintain good grades! Even grades that students make as a freshman are calculated into the GPA! Your GPA may also increase scholarship and dual enrollment opportunities.

- ★ **Understand how scholarships work:** Scholarships are free money, awarded based on whatever the people holding the purse strings care about. Maybe it's athletic talent. Maybe they care most about grades. Maybe they're looking for someone who is left-handed, suffers from asthma, and/or majoring in Spanish. *No one is going to search you out and beg you to take their scholarship money. Finding scholarships requires time and effort, but the payoff can be priceless.*
- ★ **Types of Scholarships and Grants:** Scholarships and grants can come from many different sources: state/federal government sources, college scholarships, private and local scholarships. For federal grants, such as Pell, visit <https://studentaid.gov/understand-aid/types/grants/pell>. For state scholarship and grant information, including TN Promise, visit <https://www.collegefortn.org/tennessee-financial-aid/>. For college scholarships, research a specific college scholarship page on their website or talk to an admissions counselor. Finally for private and local scholarships, use scholarship search engines such as www.collegeboard.org, and www.fastweb.com. For local scholarships, check with the Counseling Dept.
- ★ **Be worthy of a scholarship:** Keep your grades up, participate in extracurricular activities, and volunteer for causes that matter to you - all of these things will help give you an edge as you apply for scholarships.
- ★ **Know where to look:** During your senior year, scholarships will come through the counseling office and be listed in the Senior Newsletter, which is posted in the Counseling Department, as well as online. When you begin looking at which college you want to attend, make sure to check with that college's Financial Aid Office as well. While local scholarships are your best bet, don't assume that online, national searches are a waste of your time. They may be more competitive, but the payoff can be bigger too.
- ★ **Don't get scammed:** Scholarship information is free. Think twice (or call your counselor) before paying someone for scholarship information.
- ★ **Do it right:** Make sure to complete scholarship applications fully, neatly, and honestly.
- ★ **Don't give up:** Applying for scholarships can get very competitive. Don't be discouraged if your first efforts aren't rewarded immediately. It's worth your time to keep trying.